



Program Schedule

ON THE OCCASION OF WORLD YOGA DAY

International Webinar on

YOGA : THE ART OF LIVING

Organized by

**Dept. of Physical Education and IQAC,
Sree Chaitanya Mahavidyalaya**

Habra- Prafullanagar, North 24 Parganas

Link Open at - **3:20 PM** (Click The like & Join The Webinar)

<https://meet.google.com/cut-buop-yiy>

Inauguration & Welcome Address By

Dr. Subrata Chatterjee

Principal, Sree Chaitanya Mahavidyalaya

Speakers

MR. RAJU ROY

Yoga Teacher at Ramakrishna
Mission Sikshanamandira,
Calcutta University

Topic : Yoga and Healthy life style
Time - **3:40 PM to 4:10 PM**

MR. PROSENJIT GHOSH

Yoga Teacher at Yogi Yoga
Beijing, China

Topic : Abort Pranayama, shat Karmas
and Job opportunity in yoga
Time - **4:10 PM to 4:35 PM**

MR. ANAY DEBNATH

Yoga Teacher at Shivom Yoga & Dance,
Vietnam (Pass out student Sree
Chaitanya Mahavidyalaya)

Topic : General Guidelines for Yoga
Practice & Demonstration of yoga Asana
Time - **4:35 PM to 5:00 PM**

Yoga Posture Performing by Sree Chaitanya Mahavidyalaya Students

- | | |
|-----------------------------|-----------------------------|
| A) Salma Khatun – 2nd SEM | E) Susmita Mondal – 4th SEM |
| B) Ankita Debnath – 2nd SEM | F) Priyanka Kundu – 6th SEM |
| C) Sourav Biswas – 2nd SEM | G) Puja Debnath – 6th SEM |
| D) Mithu Das – 2nd SEM | H) Title Saha – 6th SEM |

Vote of Thanks

Dr. Pulakesh Sen

Coordinator,
IQAC, Sree Chaitanya Mahavidyalaya

Convener

Dr. Biswabandhu Nayak

SACT, Dept. of Physical Education
Sree Chaitanya Mahavidyalaya
&

The Host

Dr. Prasenjit Chattopadhyay

Assistant professor
Sree Chaitanya Mahavidyalaya

Technical Support

Sri Kuntal Das

SACT, Sree Chaitanya Mahavidyalaya

Smt. Moumita Mitra

SACT, Dept. of Physical Education
Sree Chaitanya Mahavidyalaya

